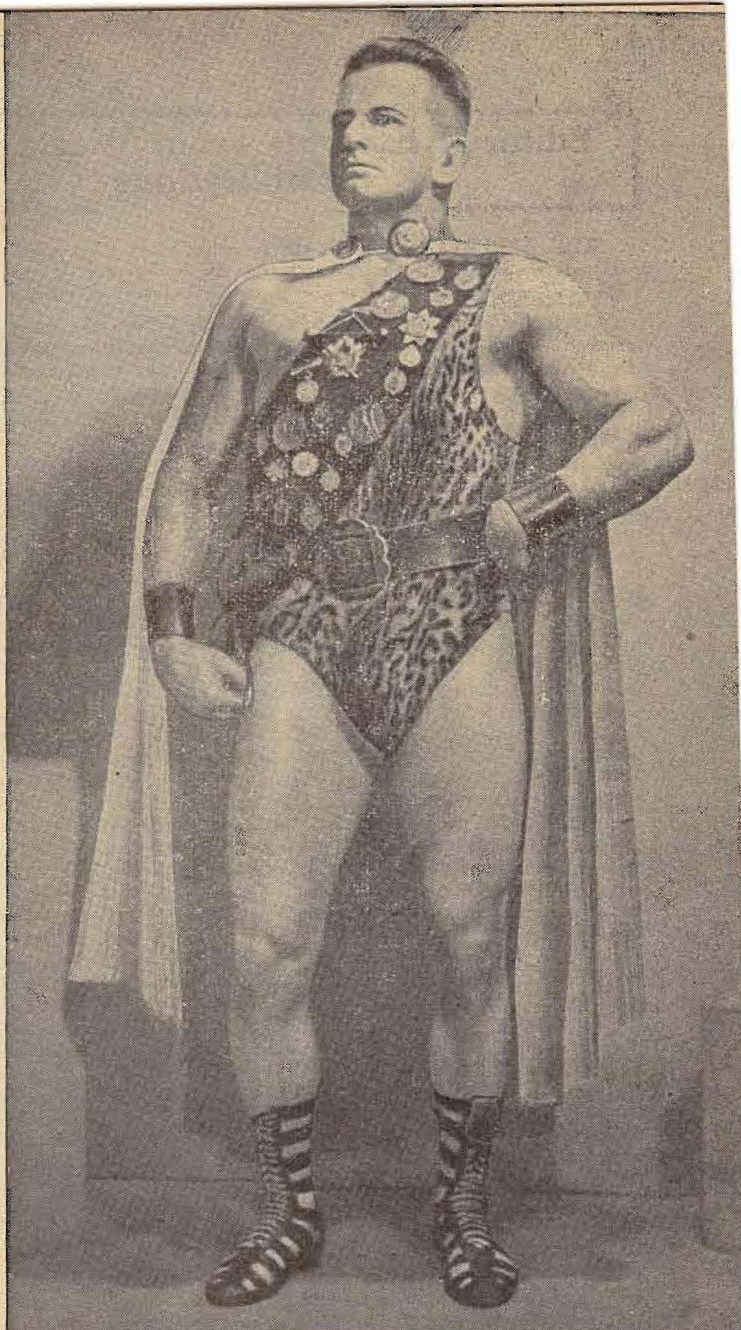


**'By
Their
Deeds
Shall
They
Be
Known'**



DON ATHALDO OF AUSTRALIA

Some editorial excerpts from world leading Daily News
—Photographic—Trade and Commerce—Physical Cul-
ture and Sporting News Publications regarding Don
Athaldo are reprinted herein.

Editorial Excerpts From World Leading Publications

THE REFEREE: "This is the amazing story of a man who just before he reached the zenith of his fame, broke his spine and defied death for six long weeks, to afterwards perform the unparalleled feat of lifting 1 ton 15 cwt.

"It is the story of a man who developed from the puny child of a mother stricken with T.B. into one of the world's weight-lifting prodigies, ranking with the great Hackenschmidt and excelling even the wonder of Sandow.

"Even the mighty Samson, would have looked in wonderment had he lived to see what great feats of strength this man is capable of performing. Had he lived in Samson's day his feats would have been recounted through the ages, and would have been clothed in all the romance of legendary history.

"In the early nineties there was born in the back country town of Condobolin a tiny wisp of humanity that was given but a day to live—the frail product of a frail mother, who was later to succumb to the ravages of tuberculosis. Anxious nurses watched the scarce-breathing child and despaired of being able to preserve its life. Had they not achieved what appeared to be the impossible the world would never have known the name of Don Athaldo—one of the strongest men of all time. In such circumstances did the redoubtable Don make his first bow to the world and the people in it. Of such frailty was the little fellow throughout his babyhood that he was well nigh six before he could even walk. Then he was taken to a circus and his child's eyes opened in childlike wonderment at the feats of the strong man of the show. And Don became envious—from Don's envy was born the resolution to himself achieve what he had seen. From the moment he made that resolution he never relaxed. To-day he is the pronounced champion of champions the world over—with a record of strength performances that has never been equalled, let alone excelled.

"Athaldo is not only a man of world renowned strength, he is an artist as well, and few indeed possess a keener appreciation of the beauties of physical development than he does himself. 'Physical strength stands eternally associated with all that goes to make up one's conception of manliness, virility, character,' he says. With him, physical strength is almost a religion. Healthy body, healthy mind. That is the basic idea behind Athaldo and all that the name Athaldo stands for. Some of the episodes in the life of this amazing personality sound more like a fable than anything else. He himself attributes his rise to fame to willpower. From the day he first began to study he has remained convinced of the effect of mind over matter. While you are talking to him he is mentally exercising his muscles. As he talks his muscles dance an accompaniment from head to foot, a practice that keeps every muscle in the body in perfect condition. It is difficult to imagine that the man you have just seen lift a super-six sedan car and platform—a total weight of 1 ton 15 cwt.—eight inches from the ground, and hold it for 20 seconds, once had a broken back. For eighteen months he was in a plaster-of-paris jacket. Crashing from a high ceiling and falling across the back of a chair, only the steel-like muscles of the man staved off death. It is difficult to imagine, too, that this same man was discharged as medically unfit from six different armies. This unwanted of the world's armies because of physical unfitness answers his critics with the lifting of two Austin cars—one in each hand. Then to top it off he carries a horse weighing 953lb. to the top of a 14ft. ladder and down again.

"Competing against all-comers, he established records that have remained ever since. In all he has been awarded 486 medals for feats. But this bewildering list of lifts and presses is eclipsed by what he recently achieved in Sydney. He began by lifting a car weighing 1½ tons, and pressed another 19½ cwt. car above his head. Then more amazing still he resisted the combined strength of four draught horses pulling in opposite directions—a feat that has never before been duplicated in strength history. But perhaps the most amazing feature of all is the fact that Athaldo is barely 11 stone in weight, and is only 5ft, 4in, in height.

"If ever there was evolved the perfect figure of man it is undoubtedly here. The grossness and abnormal development of some of the world's great wrestlers is entirely absent in this wonder man. Neck, chest, biceps, thighs, calves are all in perfect proportion, and the symmetry of figure has aroused the unstinted admiration of the world's greatest artists. A product of his own thinking, he is his own living advertisement. It is seldom if ever one hears of feats to equal those of this Hercules. A few weeks ago the cables flashed the news over the world of the amazing strength performances of a Greek in London. In friendly rivalry Athaldo duplicated every feat in Sydney, and went many better. He bent a steel bar 12ft. long 2½in. wide and 1in. thick by placing it on his head. Taking strips of steel 8in. long and 5/16in. thick, he twisted them with his fingers into a chain four feet in length. Again, taking bars of steel 6ft. long 1½in. wide and ½in. thick he made a huge bracelet by twisting the steel round and round his forearm. Another piece of steel 3ft. long, 1in. wide and ¾in. thick he placed between his teeth and bent into a circle. But Athaldo's merits are not solely connected with exhibitions of great strength. As a wrestler he achieved great success. And he has outstanding performances to his credit in long-distance cycling, long-distance running, hill climbing, football, horsemanship, swimming, and running. As a professional boxer he registered 32 wins with 32 fights. When he forsook the ring it was said at the time that Australia lost a world-beating champion. All this has been achieved as the result of the man's devotion to the cause of physical development."

THE DAILY TELEGRAPH: "While on jungle patrol in New Britain, Don Athaldo contracted malaria, which developed into blackwater fever. He was invalided back to Australia and discharged medically unfit. His weight dropped to less than 7 stone. Insurance company doctors turned him down for a policy. Fractured his spine and was encased in a plaster-of-paris jacket for nearly two years. Only his powerful erector spinal muscles saved his life. Don tried his own cure. This week he lifted a ton and a half weight—he was carrying barbells weighing 12 cwt. nearly 20 feet and driving nails with his bare hands through 2in. planks of wood."

TELEGRAPH PICTORIAL: "Great strength, if inherent in a man is admirable, but doubly so if it is accompanied by personality and culture. Don Athaldo, whose exploits have startled the world, is a living example of physical perfection—and a man of personality. Quiet in demeanour, his perfect balance equals his strength. It is said that a sound mind can only accompany a sound body, and in Athaldo we find the two interwoven in a combination that is attractive. This man who carries horses up ladders, lifts automobiles and can astound the world is as near the ideal as possible."

TIMES: "Some years ago he fractured his spine and for 18 months was encased in a thick mould of iron and plaster-of-paris. To-day, Don Athaldo is lifting ton weights as though they were ounces, is the world's strongest man. The human race can hardly point to a rarer contradiction than that offered by Don Athaldo. His family line, he says, shows no special physical strength. He got such a sickening of bad health in his youth, and of being rejected for the A.I.F. six times, that he resolved to put himself on his mettle in a war he started to wage for physical fitness. Don Athaldo knew he had won the fight when he lifted one ton 15 cwt."

THE RAILROAD: "Acclaimed one of the strongest men in the world, Don Athaldo makes child's play of carrying a horse up a ladder, and withstands the strain of four horses pulling in opposite directions. Another magnificent example of manhood for the whole world to admire. Despite his phenomenal strength, Don Athaldo doesn't think he is anything to be wondered at, but takes his feats as jobs to be done all as part of the day's work. Many men of twice his size would hesitate to even imagine themselves carrying a horse weighing nearly half a ton. But Athaldo does it with as much ease, apparently, as a navy would carry a hod of bricks. The power that must be put into this feat of strength is little compared to the strain of holding back four powerful draught

horses going in the opposite direction. But even this didn't perturb him, despite the fact that the strain on his arms and shoulders was terrific. It was a beautiful picture for those privileged to witness the feat to see his magnificent muscles knotted and taut glistening in the sunlight as they strained and strained until the wondering spectators feared their hero's arms would be pulled from their sockets. But Don Athaldo wasn't worrying. Clad only in his leopard skin and leather ankle-boots, he performed one feat after another as if he were doing it for the fun of the thing. By way of diversion from lifting he performed a very neat little trick which highly amused everyone. To call it a trick is, of course, incorrect. It was just sheer strength. But the way Athaldo works is so simple, and his manner is so self-possessed and calm, that some are inclined to believe much of his work is considerably easier than it possibly can be. However, the 'trick' in question was the nailing together of two 2in. timber planks by knocking a nail through both boards with his clenched fist! Then by way of showing how hard are the muscles of his magnificent back, he laid himself on a bed of upturned nails and let a 4 cwt. anvil be placed on his chest while a man broke massive stones on it with a sledge hammer. And still Don Athaldo smiled, although the nails were almost perforating his back. He can swing a 200lb. barbell about with as much ease as the average man would display in manipulating his walking-stick."

THE NOWRA LEADER: "Athaldo, the superman, then came forward and, without taking off any more than his coat, nonchalantly carried a horse, belonging to Mr. Thomson, well-known resident of Nowra, and weighing, with lifting gear, 905lb., up a 14ft. ladder and down again. When halfway up the ladder the horse commenced to kick and rear, but the world's strongest man withheld the strain with the same ease as though it were a baby instead of a horse. A splinter from the ladder entered Athaldo's hand and he calmly and without any apparent effort held the frightened animal in mid-air with one hand whilst he patiently extracted the offending piece of timber."

THE ARMIDALE EXPRESS: "In the Town Hall last night Don Athaldo lifted simultaneously 13 men whose combined weight was given as a ton. It was possibly more. That was Mr. Athaldo's outstanding feat in an amazing display of weight-lifting and muscular control. Previous to that he whiled away a few idle moments knocking 2in. nails through inch pieces of wood. A member of the audience pointed where he would like the nails driven and Mr. Athaldo just slammed them home with his bare palm. Mr. Athaldo first asked casually for half a ton of man and was answered by seven members of the audience, their combined weight exceeding the amount required, stepping to the stage. The volunteers sat on a plank and Mr. Athaldo had the audience applauding wildly when he lifted the plank and the trestles were removed. The weight of manhood was then raised to more than three-quarters of a ton and was see-sawed on the plank to the tune of 'A Life on the Ocean Wave.' 'I'd like some more men,' Mr. Athaldo declared. Eleven men then sat and two stood on the plank and once again the plank was lifted clear of the trestles. That satisfied the audience, which shrieked its approval. Mr. Athaldo's next exhibition of strength was hardly less outstanding. Eight children climbed to the seats of a heavy iron and steel merry-go-round. Mr. Athaldo supported the merry-go-round from his neck while the children were whirled around in the best tradition. The gross weight of the children and apparatus must have been in the vicinity of a ton. Mr. Athaldo made his first appearance of the night in a series of spectacular poses, during which he showed his remarkable muscular development."

THE EXPRESS, ARMIDALE: "Eight 'light' horsemen, averaging about 12 stone, were then called into the ring, and Mr. Athaldo proceeded to lift them and the plank on which they were perched. The next call was for 30 men to try and pull Mr. Athaldo's arms apart with ropes. Actually there were 14 men pulling on each rope. At the first tug the rope broke. The inch rope was doubled for the second pull, but it again snapped, giving Mr. Athaldo his second buster. At the third attempt the pocket Hercules (he weighs only 11st. 8lb.) resisted the combined strength of the 28 men for 10 sec. He then lay on a mass

of nails while an assistant endeavoured to smash two boulders weighing 1160lb. on his chest with a sledge hammer. At the conclusion of the operation he displayed imprints of the nails in his back. They did not penetrate because of supreme muscular control."

REFEREE (by Yank Pearl, former Referee, Leichhardt Stadium): "I was invited by the editor to write an article entitled 'Super-human Feats of Strength,' and to detail some of the most impressive feats I have witnessed in various parts of the world. At first this seemed easy enough, considering that I have witnessed record-breaking performances in most branches of sport, and have mixed with strong men and athletes in all parts of the world. However, once started, I realised that it was a more difficult job than I had thought, interestingly to detail the feats of several men, for without exception they all pale into insignificance beside the epoch-making performances—the almost unbelievable power—of one man, namely, Don Athaldo, hailed by Press and public throughout the world as the Superman of Strength. Thus it seemed to me that I would be better advised to describe some of the feats of this modern Hercules which so far outdistance those of any other strong-man in Australia (or any other country for that matter) that comparison is ridiculous; and so I deemed it advisable to call my article 'Super-human Feats of Don Athaldo.' The achievements of this 'Super-man of Strength' are all the more remarkable when we consider that his weight is approximately 11 stone, and his competition lifts have generally been against opponents varying in weight from 12 to 18 stone. This will give you some idea of the phenomenal strength of this handsome athlete, whose beautiful and superb physique is a striking tribute to his remarkable system of 'Athalding,' as he calls the system which is responsible for his own development and which is daily doing wonders for his pupils in all parts of Australia. The photograph showing Don Athaldo lifting 1 ton 15 cwt. gives some faint idea of the magnitude of his strength, and reveals the tremendous power which can be developed in every muscle—every fibre—of the body by a certain scientifically graduated system of exercise and development. Certainly this modern Hercules is an inspiration to our manhood, and Australia owes a debt of gratitude to him for placing this country to the forefront in the Physical Culture World. Several of his feats were recently described at length in the newspapers, and the following extract from 'The Telegraph' interestingly mentions two of them: 'Leichhardt yesterday saw Don Athaldo, acclaimed the strongest man in the world, withstand the terrific strain of four draught horses pulling in opposite directions. His great muscles rippled from neck to ankle as his glistening body, clad in leopard skin and high leather boots, strained in the sunlight. Another stupendous feat he performed—carrying a horse weighing 953lb. to the top of a 14ft. ladder. He carried the blind-folded animal, snorting and kicking, to the top of the ladder and down again. A gallery of admiring flappers clapped till their cave-man had retreated to the sanctuary of his gymnasium!' (Assuredly strength is the short route to favour in a woman's eyes!) A feat that impressed me as both exciting and spectacular, although Don himself made light of it, was his lifting of a man, throwing him upwards, and holding him with one hand at arm's length overhead. It was exciting enough from my point of view, anyhow; for I was the man in question! Having now mentioned several super-human feats of this physical marvel, it is fitting that I conclude my article by referring to perhaps the most spectacular feat of strength on record. This consisted of raising from the ground a car weighing one ton 15 cwt. before a huge crowd assembled in Martin Place, Sydney, on April 14th last. Not one in that huge concourse dreamed that the attempt could be successful, and when at last Don appeared and the crowd saw that he was by no means a big man—as stated before, his weight is 11 stone—doubts were openly expressed as to his ability to even move, let alone lift it. However, a few more discerning, noted the magnificent proportions and muscular development of that graceful body, and waited, expectant—ready for anything. Clambering agilely on to the platform which had been placed over the car, Athaldo exerted all his strength—nay, all his marvellous will-power, too—to raise the car. Slowly it was seen to stir slightly, then it was swung from the ground as though it had been a toy, and Athaldo held there to the tune of wild cheering from the spectators; then slowly he lowered it to the

ground and descended from the platform, apparently none the worse after this epoch-making performance. Naturally this champion, who had just made history, was besieged on all sides by friends, admirers, Press representatives and the public generally, all anxious to know the secret of his wonderful strength, and whether it was inborn or acquired. Suffice it for the present to say that Athaldo has built up this store of strength and power HIMSELF and was not born strong. Moreover, he states that ANYONE can acquire crushing power and super-strength by natural Physical Culture methods and a scientific system of progressive exercise and development. The feat last described was, as stated, a record, but Athaldo makes light of records, even including his own. ~~Is there to certify to the genuineness of each performance.~~ One has only to read the records of other world-famous strong men to realise that Athaldo is, indeed, in a class apart from and above them. He stands out above all his compeers and predecessors in the Physical Culture Gallery of Fame, and to compare any other Australian strong man with Athaldo would be absurd."

THE GUIDE: "The man at the wheel, gifted with a cool brain and a strong arm, saved a motor party of Sydney sportsfolk from disaster along the Northern Road on Sunday afternoon. Travelling at over 60 miles an hour, a front tyre of Don Athaldo's big Hudson blew out. The 'pocket Hercules' hung on grimly to the wheel, and by sheer strength and adroit manipulation, brought the car up safely, lurched at a grotesque angle."

SUN: "Don Athaldo's strength helped a stranded motorist waiting anxiously for a tow between Dungog and Gloucester the other day. Athaldo had no tow-rope, but by twisting into links with his bare hands some steel bars which he was carrying for show purposes, he devised a chain strong enough to tow the disabled car into Gloucester."

THE BRISBANE COURIER: "Don Athaldo is a modern Hercules. Official holder of world's strength records, Athaldo lifted 1 ton 15 cwt., pressed 1 ton 5 cwt. with his legs, in the hip lift he managed 1 ton 4½ cwt., and he carried 12 cwt. Since he has been in Australia, Athaldo has performed many noteworthy feats of strength, and leading authorities declare that his physique compares favourably with that of famous athletes of ancient times. Many of his pupils have gained honours in the athletic field also."

THE ARROW: "Universally proclaimed by Press and public as the **WORLD'S STRONGEST MAN**, Don Athaldo offers £1,000 to any man on earth who can duplicate his feats of strength."

TELEGRAPH: "Here is strength that would have gladdened the heart of any gladiator of Roman times. It is Don Athaldo, who in a crucifix lift yesterday, held a world's record."

TELEGRAPH: "While prosaic people toiled in shops and offices nearby yesterday 'he-men' in Withrow's gymnasium in William Street juggled with heavy steel discs as if they had been kettle-lids and broke world's records. Garbed in loincloths and leopard skins, the strong men performed Herculean feats, and the records went by the board with amazing ease. Mr. Mervyn Finlay, Athaldo pupil, well-known city solicitor, created a new record by raising 953lb. from the floor. The lift was a mere 253lb. better than the previous Australian heavyweight record. With the muscles rippling down his body like waves of steel, Don Athaldo set new world's figures for various types of lifts. He is the man who can lift a horse as easily as the average man carries a baby."

TRUTH: "Strong-man Don Athaldo will practise some more of what he preaches when he juggles a 30-cwt. motor car in the city within a week or two. A beautifully developed specimen of physical fitness, it is the Don's proud boast that no pupil has ever expressed his dissatisfaction after a course of what he recommends. We don't wonder after seeing a lot of the results."

TELEGRAPH: "Strongest man in the world, Don Athaldo. He submitted to a series of trials of strength yesterday. One of the most spectacular was to withstand the strain of horses, pulling in opposite directions. The horses put all their strength into the strain without budging the strong man. Had he lived in medieval days the Lords of the Inquisition would have been hard pressed to devise a rack strong enough to torture such a frame."

NEWS: "Anything but a robust youngster in his school days, Don Athaldo, the world's strength record-holder, was laughed at by his school mates when he announced that one day he would be a 'great strong man.' It sounded like the last desperate boast of a delicate kid trying to impress his more robust mates. But the youngster said no more. He just kept on working out his future actions until, soon after he left school, he had evolved something of a scheme that promised success. Constant practice and experiments worked wonders. His records consisted of: hip lift, 1 ton 4½ cwt.; leg press, 1 ton 5 cwt.; harness lift, 1 ton 15½ cwt.; carrying a weight 20ft., 12 cwt. All by a man who as a boy was laughed at as a physical weakling. Athaldo provides in his own body an example of the benefits to be derived from scientific physical culture properly applied, and he gives the complete answer to physical culturists who demand that their instructor must be a real strong man who can prove the value of his system by his own development and deeds of strength. Don Athaldo's record is his answer."

SPORTSMAN: "Gentlemen whose muscles are toughened for the tasks that confront the weight-lifter seldom shine with the padded mitts, but there was a time when Athaldo hit a clearly-defined path through the second-class welters and gave the suggestion that he might clamber up high in the boxing business."

TELEGRAPH: "Do you wonder he can lift a horse? Delilah would have a thin time dealing with Don Athaldo, modern Samson, whose muscles are amazing. World's records toppled yesterday at Withrow's gymnasium. His visage grim, Don Athaldo, strong man, broke world's records. He was girded in the leopard skin of famous Roman gladiators."

THE ADVOCATE: "To select a couple of draught horses for one of his feats of strength at the New Year sports on Monday, Don Athaldo, world-famous strong man, yesterday pitted his strength against animals at various carriers' stables in the town. In each case he withstood the horse with comparative ease. His most severe test was at Mr. A. J. Barwick's stables in Alexander Street, when a sturdy draught horse was harnessed. Lying on his back with heavy straps round his waist and over his shoulders, Athaldo placed his feet against a plank. The animal was then urged forward, but was unable to move Athaldo from his position on the ground. After each attempt the horse let up and had to be urged on again, and at one stage, when the animal appeared reluctant to pull again, Athaldo, from his position on the ground, called upon it to 'get up.' On one occasion, when the horse started forward with a sudden jerk, Athaldo, who had been expecting a steady pull, was taken unawares and pulled forward a few inches. He braced his legs, however, and the horse was forced backwards a pace or so. After half a dozen unsuccessful attempts the horse refused to budge again. Athaldo stated afterwards that the horse was the strongest he had tried that day, and was capable of shifting more than a ton. Last night Athaldo created an unofficial world's record by pushing half a ton of men, seated on a platform, up above his head and down again 16 times in 10 seconds."

THE ADVOCATE: "Each year the club endeavours to introduce a novel feature at the carnival, and yesterday had the services of Don Athaldo, claimed to be the strongest man in the world. His feats held the crowd spellbound. Lying on his bare back on a bed of steel spikes, stone was broken on his chest

with hammers. He then placed a stone on the back of his head and allowed it to be pounded to pieces with a sledge hammer; while he defied the strength of ten men single-handed. Athaldo also carried a horse 900 lbs. up a 14ft. ladder and down again. Last evening he displayed further amazing feats of strength. With a draught horse harnessed to each arm, he resisted their combined pull, despite the fact that the crowd made the horses fractious, the result being that Athaldo's arms were badly bruised."

SMITH'S WEEKLY: "To Wagga Wagga on Tuesday in a huge racing car, Don Athaldo at the wheel. The world's strongest man. I'll say he is the fastest. We rode like gods in the machine, hurtling like a bullet along the southern highway. The wine of life flowing at sixty miles an hour. O'er hill and dale we sped past town and hamlet, across railways and bridges, the bugle of the Athaldo publicity wagon blaring lustily. Moss Vale glimpsed us, a roaring monster in the morning mist. Goulburn gaped and yawned at us. Our bugle blew reveille to the drowsy murderers, awakening to another day of peaceful, happy toil in the local bastille. Through Yass we thundered—on to Gundagai. 'Binalong eleven miles' semaphored a signpost. My thoughts went rolling back over the hills of time. Cabbage-tree hatted bushrangers rode the plain. Pop of pistol shots as Johnny Gilbert shot it out with the troopers in the grey ghostly light of early dawn seventy long years ago. A still form sprawled in the dusty road and the drumming hooves of a riderless horse fading in the distance. Gilbert, turbulent rider by the light of the moon, sleeps in Binalong cemetery and the 'strongest man in the world' drives a motor car at a mile a minute speed over the roads Ben Hall and his merry men galloped in the brave days of old. Until Athaldo came the wrestlers' heroic figures towering above the common herd were monarchs of all they surveyed. But what are a couple of mat-wipers compared with 'strongest man in the world.' 'Bring your horseshoes, bullock-chains, and iron bars to me and I'll bend 'em and break 'em,' roared the Athaldo. Throughout the day every second person accosting Athaldo was armed with an iron bar or a chain gigantic enough to have safely moored an ocean liner."

SUN NEWSPAPERS: "A party of motorists was returning to Sydney after a visit to Wauchope, on the North Coast. On arrival at Dungog one of the back tyres blew out. A 'jack' was produced, but would not work, so one of the spectators jocularly remarked to the driver, 'Get out and lift it yourself!' 'Righto,' he said; and to the surprise of everybody, the driver hopped out, went behind the heavily-laden vehicle and calmly lifted up the car while one of the bystanders placed a block under the axle. The spectators were astounded. The visitor was none other than Don Athaldo."

REFEREE: "At Carss' Park, Kogarah, last Sunday, Don Athaldo lifted half a ton above his head 16 times in nine seconds."

SUN NEWSPAPERS: "After looking at the magnificent specimen of manhood shown here, it is difficult to believe that he was once a sub-normal, skinny, puny, sickly, 6½ stone weakling, discharged from six world armies on account of weakness. Yet that is the simple truth. He had no endurance and very little strength. But he did have the determination to do something about developing his body. This photo shows how well he has succeeded. To-day, Athaldo is the world's marvel of strength and manly beauty. He has learned of the precious secrets of health, fitness, efficiency, and of building a powerful, beautiful, symmetrical, and perfect body. And by learning how to create these benefits in himself he has gained the deeper knowledge of how to pass them along to others who are seeking everlasting health and superb strength."

SPORTSMAN: "Next most unlucky postman is he who delivers the daily quota of effusions to Sydney's Hercules, Don Athaldo, the miracle physical culturist who carries horses under his arm, abstractedly breaks iron bars while in

debate with his friends, and unaided lifts motor cars to see what they look like from the roadway. The letters tell that he has more aspirants for his hand—or his arms, in Sydney, than even Napoleon or Lord Byron had. In the great physical strength which he radiates, the female of the species sees a safeguard for herself against the economic and social trials of an often unfriendly world."

SPORTSMAN: "The mighty-muscled Don Athaldo has some first-rate real-life examples to prove that he's not bellowing through the brim of the old Borsalino when he guarantees to make 'weak men strong'. He brought one of 'em into 'Sportsman's' office yesterday and showed us a picture of what the gentleman was like when he first saw him last February. You wouldn't recognise him. You might as well compare the Savoy's Spanish bar with the interior of a Surry Hills pubbery."

TRUTH: "Had Don Athaldo been among the crowd at Kenso on Saturday, peeved punters would probably have engaged him to pick up Kendorus and pitch him over the fence."

LABOR DAILY: "Don Athaldo in a special lift for 'The Labor Daily' photographer of a 12 cwt. car. Athaldo lifted and held the metal car in position above his head without the slightest effort. Don is the world's strongest man."

TELEGRAPH: "With one lift, Don Athaldo, strong man, yesterday raised his car, over a ton weight, at the Australia Motor Park, Castlereagh Street."

SUN NEWSPAPERS: "Can you bare your breast and say, 'Here is a man—a perfect specimen of a human being?' 'No' would be the answer of most men. The perfect man is hard to find. Don Athaldo, the world's strong man, is a notable exception. He possesses a perfectly-balanced figure, complete muscular development, with internal organs functioning like a well-balanced watch. You have within you the power to become a Don Athaldo if you follow the training which he prescribes and which his physical culture system carries out with unerring accuracy. Everyone knows that a nation is no stronger than its people. The men and boys of to-day who desire glorious strength and powerful muscles—those who desire to excel as runners, wrestlers, gymnasts, boxers, or weight-lifters—should be guided by this superman of strength. Don Athaldo, whose course of physical culture, health and strength building known throughout the civilised world as 'Athalding', is available to all. It has been one of the greatest pleasures in Athaldo's life to see, time after time, pupils develop themselves, through 'Athalding', to such a state of muscular efficiency and bodily perfection that they could enter into the realm of sport in practically any field, and with big successes, some achieving national and world's championships."

BRITISH HEALTH AND STRENGTH MAGAZINE: "Australian-born Don Athaldo, is one of the finest examples of the 'pocket Hercules' physique in the world. At a height of only 5ft. 4in. he has 47½in. expanded chest, with 9½in. expansion, and a 16½in. flexed upper arm! Such an achievement deserves praise in the highest degree. Don Athaldo was born in the early nineties—a tiny wisp of humanity who was given only a day to live! Like many others who were afterwards to become famous in the physical culture realm, he fooled the doctors by pulling through. But no one ever forecast for him such a career as he has had. Frail child of a frail mother, who afterwards succumbed to tuberculosis, Athaldo did not walk till he was six. Not a very promising start for the strong-man to be! He was not much over six when the incident occurred that was to provide him with his interest in life. It came in his case as in many others from a visit to the circus. Inspired by what he saw, Don Athaldo was from that moment resolved to become a strong man. He tried practically every training method there is: and how well he succeeded his measurements

and accomplishments amply show. Nor has his path to success been an easy one, nor unattended by reverses. A fall from a high ceiling fractured his spine, and only his massive erector spinal muscles saved his life. Eighteen months immobilised in a plaster of paris jacket was the price he paid for this little adventure. Yet he built up his strength again, and to-day is giving strong-man shows all over Australia, and still making a £1,000 challenge to any man in the world, at any weight, to duplicate his feats. Here are some of his feats:—He has supported on his chest, while lying bare-backed on a bed of spikes, a miniature 'motor drome' with men racing round it on motor-cycles—total weight 4,000 lb. Carried a horse weighing 953 lb. to the top of a 14ft. ladder. Another of his lifts is 1 ton 15 cwt.—not bad for a man who once had a broken back! He twists and ties into knots steel bars $\frac{3}{4}$ in. thick and 10in. long. He drives a nail clean through a 3in. plank with one blow of his bare hand. Another of his feats was to carry a plank on which eight men were seated, while a ninth sat astride his shoulders, a distance of 30ft. The total weight was 1,500 lb. Another good feat is this: He lies with his head on one chair and his heels on another, and no other support, holding a 250 lb. barbell at arms' length, while six men stand on his body. He has performed a hip lift of 1 ton 5 cwt. The show with which he is touring at present includes the following feats: Carrying half-ton horse up ladder; holding four horses with his arms; lying on his back and using hands and feet, he supports a platform holding an orchestra and piano—the musicians playing merrily (if a trifle nervously) the while—total weight 17 to 21 cwt.; a little iron bending round the arms, and tying steel with the hands, plus muscular posing and a display of muscle control complete his programme. A he-man if ever there was one, a great exponent and a great teacher, and possessor of one of the finest of later-day physiques. Don Athaldo is one of the most popular men in the southern hemisphere."

GLOBE: "Don Athaldo held four horses at Leichhardt Exhibition."

LABOUR DAILY: "Don Athaldo, man of muscle, won a tug-of-war recently with two teams of horses."

GLOBE: "What is two and a half tons to Don Athaldo? Yesterday he startled King's Cross when he pushed a huge Hudson Sports Car (with six passengers aboard) up William Street! In the second picture we see him 'stalling' the engine of an Essex car in gear! He asserts that he can in this way resist any motor up to 30 h.p."

RAILROAD: "Perhaps no other human attribute so captures the imagination and excites the awe and admiration of man as Strength—Strength as exemplified in the deeds and performances of the Heroes of Oldentime, and in the feats of strong men of more recent years. Consequently, it is pleasing to be able to record in these columns an amazing feat, performed recently at Sydney, by the modern Superman of Strength, Don Athaldo. A feat so prodigious as to eclipse even the fabled performances of the giant heroes of mythology and, by comparison, make the feats of other strong men of to-day pale into insignificance. The feat referred to is lifting and supporting, unaided, the enormous weight of one ton fifteen hundred weight ($1\frac{3}{4}$ ton). The photograph, taken by a press photographer, gives a slight idea of the magnitude of this feat."

SUN NEWSPAPERS: "It is rumored that Don Athaldo, famous physical culturist, was overcome at last one week-end recently. Recognised as the strongest man in Australia, and probably in the world, Don Athaldo was driving with a friend down the South Coast. Shortly after leaving Tom Ugly's, the well-known Hudson tourer coughed, grunted and came to a standstill. Investigation showed that the trouble was a choked-up petrol pipe. Not to be defeated, Don stepped out of the car, and, deflating his chest to a mere 52 inches, sucked hard at the recalcitrant pipe. The result surprised Don, if it surprised nobody

else. The car did not actually turn over, but the greater part of the contents of the petrol tank surged down the pipe and proceeded to circulate through the strong man whom even a child could have choked. So much for the lighter side of this famous strong man's life. There are thousands upon thousands of men in Australia to-day who look back thankfully upon the occasion of their first meeting Don Athaldo. Few men have done so much to build up the health and strength of Australia's manhood. Apart from having to his credit feats of strength incredible to anyone who has not seen them performed, Don Athaldo is recognised throughout the length and breadth of Australia as one of the most expert physical culturists who have ever conferred the boon of health and strength on the weak."

DAILY MIRROR: "The name Don Athaldo is legendary amongst the world's sportsmen when feats of strength are discussed. Athaldo also shone in the boxing ring and on his retirement one sporting scribe wrote: 'When Athaldo retired Australia lost a potential world ring champion.' Athaldo had 32 professional fights for 32 wins. His last two fights were against Les Carter and Dick Kerr, two of the leading welterweights at the time. After beating them he was matched with welter champion Wally Hancock, but broke his left hand in training. He immediately retired. Don served both in World War I and World War II, spending nearly four years in the last conflict as boxing, physical, unarmed combat, ju-jitsu, commando tactics and recreational training instructor to the armed forces. When acting as speaker with the Recruiting Corps Athaldo used his great strength as a means of attracting recruits. To-day he weighs 11.7, his neck is 18 inches, chest 47 inches, biceps 16 inches, waist 30 inches, thighs 23 inches and calf 15½ inches."

RING: "Don Athaldo is one of the strongest men of all time. Here are a few of the feats which he introduces into his vaudeville acts and exhibitions: Hold cart horse in tug-o'-war; hold four strong men with one hand; drive six-inch nails through planks of wood three inches thick; have a rope placed round his neck, and four men try to strangle him, two at each end; bend bars of thick steel round his arms, and in his teeth; without any protection, lie on a bed of sharp spikes and have hundreds of pounds of stone lowered on to his chest and pounded to pieces with sledge hammers; tear two packs of playing cards with his hands; carry a horse up a ladder, total weight over half a ton; lift a ton weight in one lift from the ground; lift a 350 lb. steel anvil and two men above his head in a leg press, the men strike the anvil with sledge hammers whilst they are held above his head; carry on his chest a huge piano and four men, one playing a tune; resist the combined pull of 20 men; support a huge platform whilst three draught horses walk over it, total weight 3½ tons; performs see-saw act with 18 ballet girls, weight 1 ton; supports and balances on his chest a motor drome with four cyclists racing thereon, total weight 2½ tons, and many other feats just as thrilling."

OBSERVER: "This great Russian champion challenges any man in the Southern Hemisphere bar the phenomenal world's champion, Don Athaldo."

THE NEW AUSTRALIAN BUDGET: "The strongest man in the world—that is Don Athaldo, the Modern Hercules."

"We have all heard of a man being as strong as a horse, but Don Athaldo has actually demonstrated that he has the strength of four horses."

"He is the champion weight-lifter of the world, and without apparent effort can lift a horse and its rider, weighing over half a ton. He bends steel bars as if they were made of wax, and he drives 6-inch nails through 3-inch boards with his bare fists."

"At Leichhardt some time ago, Athaldo demonstrated his wonderful strength by strapping a horse, weighing 935 lb., to his body and carrying the struggling animal to the top of a 14ft. ladder."

"His vaudeville acts have been just as amazing. He has proved himself

more than a match for the strongest of cart-horses in a tug-of-war; has had a rope passed round his neck, and allowed four strong men, two on each end, to try and strangle him; without any protection he has lain on a bed of sharp spikes and had great stones lowered on his chest, where they were pounded to pieces with sledge hammers.

"He has raised a ton weight from the ground in one lift, and lifted a 350 lb. anvil and two men above his head in a leg press, the men striking the anvil with heavy sledge hammers while thus held aloft.

"Truly a modern Samson, this marvel of muscular development lately visited the 'Budget' Office, and confounded all who were privileged to meet him.

"Leading authorities declare that Athaldo's physique compares more than favourably with that of the famous strong men of any time, and he is universally acclaimed the super-man of strength.

"Don Athaldo, Australia's premier physical culture expert, is one who shows ultra enthusiasm in the advancement of his pupils, and all who are interested in physical culture should remember the old adage, 'Men who do things are the men to learn from,' and should lose no time in getting in touch with this 'recreator of men'."

GOOD HEALTH MAGAZINE: "A few months ago Don Athaldo—strongest man in the world—staggered the world when he lifted a horse weighing nearly one ton.

"'Ridiculous—impossible.' These were some of the comments hurled at him. But the writer witness the feat, and can vouch for it.

"One hears many people talking about the physical prowess and bodily health of the ancient Greeks. It is no exaggeration to acclaim Athaldo as a more perfect specimen of manhood than any ancient.

"This quiet, good-natured, yet withal dynamic, personality is helping to put Australia on the map. He believes that the human body is the most delicate piece of machinery that exists, and, to him, bodily grace and perfection is a religion—as it was to the ancients.

"'A perfect body, muscularly co-ordinated, alone spells perfect health,' he says."

PHYSICAL CULTURE: "Acclaimed one of the strongest men in the world, Don Athaldo makes child's play of carrying a horse up a ladder, and withstands the strain of two horses pulling in opposite directions. Another magnificent example of manhood for the whole world to admire.

"Persistent practice of physical culture, however, has been the main factor in the making of this man of iron muscle. From early childhood Don Athaldo has lived for physical culture in all its branches, and freely admits that without it he would be little more than a weakling to-day instead of one of the strongest men in the world."

DAILY GUARDIAN: "Athaldo, world's strongest man, carrying a horse weighing over half a ton, and many startling stunts."

REFEREE: "Athaldo did all kinds of wonderful feats. Drives nails through planks with his bare hands. Physically, a picture to look upon. Superbly built; has wonderful muscular body. His lifting was a revelation. Breaks world's records for weight lifting. A Hercules."

CRITIC: "His phenomenal muscular development and his magnificent display of muscle control left the audience gasping with astonishment. His development has caused a sensation amongst the medical profession. He is the most-sought-after model by artists in Australia."

HEALTH AND STRENGTH: "Don Athaldo, the strongest man in the Southern Hemisphere."

TORCH: "Don Athaldo is the champion lifter of the world. His amazing feats have thrilled thousands in Sydney and other places, and his engagement will be popular."

ALERT: "Don Athaldo, world's champion heavyweight lifter, breaks stones with his hands, and succeeded in carrying a half-ton horse up a ladder."

EVENING NEWS: "Don Athaldo carries a light draught horse up a 14ft. ladder."

GUARDIAN: "Don Athaldo finds it quite simple to lift a horse and boy without effort. Pits his strength against four horses, drives 6-inch nails through 3-inch boards with his bare fists, bends steel bars like hairpins."

SUN: "Weights that would crush an ordinary man are playthings to Don Athaldo."

DAILY MAIL: "Samson out-samsoned by the Australian-born champion of the world of strength—Don Athaldo. His feats of strength are unparalleled and only seen once in a lifetime. His beautiful muscle-rippling body is worth travelling miles to view."

DAILY GUARDIAN: "Don Athaldo—a modern Samson."

GLOBE: "Don Athaldo, the official holder of numerous weight-lifting records, created three new world's records for professional lifters."

PHYSICAL CULTURE: "Before a large attendance, on Wednesday night, Don Athaldo (the world's record holder) and his pupils gave a strength and physique exhibition, which received an enthusiastic reception. Don Athaldo opened the item with a display of muscular posing. Given, as it was, by the possessor of one of the finest physiques in the world, it moved the audience to admiration, which they were not niggardly in expressing."

EVENING NEWS: "Hundreds of people watched Don Athaldo lift a motor car, weighing 1 ton 21 lbs., in Castlereagh Street."

DAILY GUARDIAN: "This brawny gentleman, by name Don Athaldo, was closely taken. A chain was let down from his huge neck through the platform to a Whippet, weighing 24 cwt., and he lifted the car in the Martin Place car park yesterday. Didn't exactly throw it about, but you could not expect that of a chap weighing 11 stone 7 lbs., even if he is the strongest man in the world."

AUSTRALIAN OUTLOOK REVIEW: "Don Athaldo, well-known Physical Culture Director and champion athlete of world-wide fame, whose phenomenal feats of strength have created a sensation.

"To-day his perfect physique and Herculean strength are eloquent testimony of what the application of scientific physical training can do for the human body.

"The system of scientific development which he himself devised, and which has been acclaimed with enthusiasm over all Australia, is aptly named 'Athalding'."

NEWS: "As promised in a recent issue, we are now able to give a photograph of Don Athaldo, 'the world's strongest man,' pitting his marvellous strength against that of four horses, two on either side of him.

"The test was witnessed by hundreds of spectators, and this phenomenal feat astonished all who were privileged to see it. It is difficult to imagine the strength of an 11 stone man against the combined steady pull of four horses, yet there it was, and the man, Don Athaldo, won easily. In other words, Don held back a pull of over seven tons with his massive muscular body. Incredible, some readers will say, but it was actually done, as photographs prove.

"It is a remarkable fact that Don Athaldo was born a weakling—at six years of age he was unable to walk. With true boyish ambition to be a strong man, he practised physical culture with such success that at the age of 21 he won his first world honour for athletics.

"Don Athaldo is prouder of the performances of his thousands of pupils, scattered all over the world, and his ability to turn weak boys into strong, healthy, virile men, than he is of his own immense strength. Wherever physical culture is practised you will find Athaldo pupils."

REFEREE: "Some two years ago an athlete in America was said to have pitted his strength against two horses. Here is an actual test of a similar character performed recently in Sydney by Don Athaldo. Standing between two light draught horses—one harnessed to each arm—this modern Hercules challenged them to pull their hardest. They did, but not one pace could they move him. Athaldo stood the strain for over two minutes and came out victor.

"This phenomenal feat was witnessed by a very large crowd of spellbound spectators and Press representatives, who were amazed at Athaldo's wonderful muscular development; his great muscles rippled from neck to ankle as his glistening body, clad in leopard skin and high Roman sandals, strained in the sunlight. Just at the close of the test of those muscles of steel, one of the horses gave a sudden, unexpected jerk—a trace chain snapped—but Athaldo stood unmoved.

"The breaking of world's records for weight-lifting—carrying a horse weighing half a ton up a 14ft. ladder, and bending and twisting steel bars as though they were hairpins—is just pastime for this much-travelled winner of world's honours for athletes."

LABOR DAILY: "Apart from a long list of achievements abroad, Don Athaldo has accomplished many amazing feats of strength in this State. Among these may be quoted the following:—

"Lowered three world's weight-lifting records in one day (officially checked).

"Carried horse weighing half a ton to top of 14ft. ladder and down again.

"Resisted combined strength of four draught horses.

"Pressed above his head super-sports Singer car and platform, weighing 15 cwt. ten times.

"Lifted Essex super-six sedan car 12in. off ground in one lift—total weight of car and platform being 1 ton 12 cwt.

"Carried nine men and platform (total weight, 15 cwt.) a distance of 10ft.

"Lifted a total weight of 1 ton 15 cwt.

"Don Athaldo holds 33 world's records for athletics yet is said to have been a weakling at birth and a very delicate boy. He was discharged from the Army medically unfit; was for a year in Randwick Military Hospital, and for many months had to wear irons to enable him to walk.

"As a result of fracturing his spine in the lumbar region, he had to wear plaster-of-paris for 18 months.

"Don Athaldo also suffered severely from malaria, contracted in New Guinea, and from African fever, contracted on the Gold Coast, yet he claims that his own system of physical culture has transformed him into 'one of the strongest men of all time, officially recognised as the super-man of strength.'"

REFEREE: "A miniature Atlas, shouldering great burdens, Athaldo's feats of strength are amazing. His lifting of a motor car weighing three-quarters of a ton staggered the sceptics.

"In boyhood Athaldo was a weakling. With a singular resolution to overcome all bodily weaknesses, he evolved the methods of development which he teaches with such outstanding success to-day. As an all-round physical culturist, he challenges the world. What is more, he has the knack of imparting his knowledge, a gift which so many professors lack. Athaldo looks the part. Every movement of the man reveals power, poise and strength. He offers his system to the weak, ailing and ill-developed of the community. It is worth the money."

RAILROAD: "Don Athaldo has broken all strength records. His steel-like muscles radiate power and give one a picture of concentrated energy and endurance. From head to foot Athaldo is a portrayal of muscular power which any Roman gladiator might envy."

LABOR DAILY: "Athaldo, the strongest man of all time."

NEWS PICTORIAL: "Athaldo, World's Strongest Man."

REGISTER: "Athaldo, Strongest Man in the Universe."

CALL: "Athaldo, a mighty man of strength—strongest man ever seen."

FREE LANCE: "Athaldo, World's Strongest Man."

DAILY TELEGRAPH: "Don Athaldo, super-man of the age."

RING: "World's Champion of Strength is Don Athaldo."

NEWS: "Super-man of Strength, Don Athaldo is undoubtedly the World's Strongest Man."

SMITH'S NEWSPAPERS LTD.: "Standing between four light draught horses, two harnessed to each arm, this modern Hercules challenged them to pull their hardest. At a signal the four horses were whipped into instantaneous action. The terrific strain of this impact on Athaldo can be imagined. Yet with sinews strained and bulging chains creaking and stones and dirt from the plunging horses filling the air, Athaldo stood the strain for over two minutes and came out victor. How was this unprecedented feat accomplished? An element of resiliency was needed—a 'shock absorber'—a springy quality to tense the bones and yet absorb vibration. And the answer was: super muscle! Muscle like coiled steel springs, that rare combination of brute-strength and supreme agility, but Athaldo dared—and won. In to-day's maelstrom of ever-changing things Athaldo's 'human link' feat stands alone, unchallenged and defying duplication."

L.S. BULLETIN: "Don Athaldo challenges to scratch-pull any draught horse in Australia for any amount from £50 to £250. Will contest up to ten in one day."

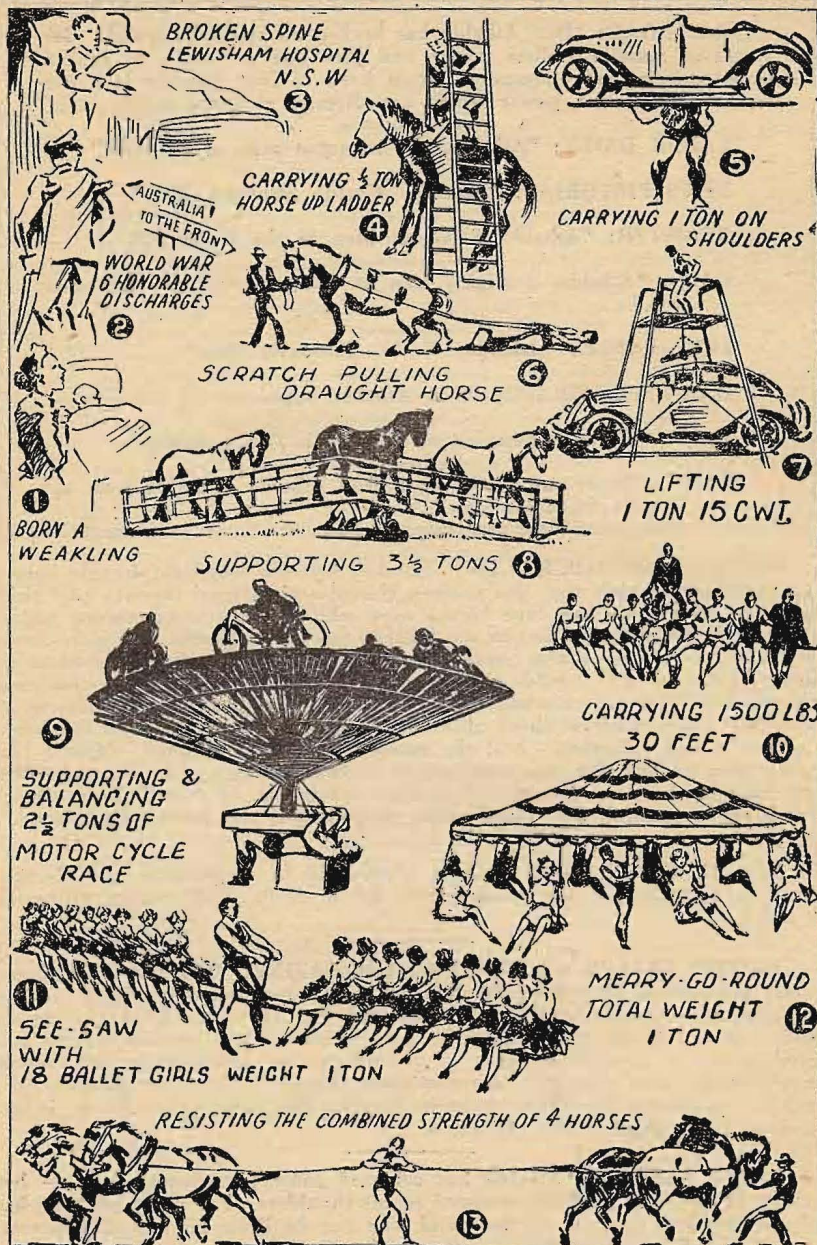
BRITISH HEALTH AND STRENGTH MAGAZINE: "Don Athaldo, a phenomenal example of Herculean development. An ideal example of the massive but compact, ruggedly muscular but graceful type of build, Athaldo certainly doesn't come into the 'brute' class, for he is a man of considerable culture and intelligence and a great organiser of physiculture in Australasia. The famous Don Athaldo—what a build! Measurements: Height 5ft. 4½in., weight 11st. 7lb., neck 17½in., chest 47½in. (9½in. expansion), waist 30in., hips 35½in., biceps 16½in., forearm 13½in., thigh 22½in., calf 15½in."

DAILY MIRROR: "Athaldo has achieved some phenomenal feats — has walked 30 feet with 1500 lbs. strapped to his shoulders. For many years he has offered £1,000 to any man in the world who can duplicate his accomplishments."

AMERICAN PHYSICAL CULTURE MAGAZINE: "Don Athaldo, the Hercules of to-day, with a magnificent physique and manifestly the very strength of iron itself."

TRUTH: "Athaldo—Strongest Man in the World."

A BRIEF PICTURIZATION OF THE LIFE OF DON ATHALDO



Here's some of Don Athaldo's officially performed feats which are referred to in Press excerpts, and a short description of how they are accomplished:—(4) Horse is strapped to shoulders—(5) Car is first driven on to trestles, then lifted on to shoulders—(6) Feet against stakes, traces held looped around wrists—(7) Harness around shoulders and hips, hands pressing on rails—(8) Platform supported on bent arms and knees—(9) Platform supported on chest and bent legs, back resting on iron frame support—(10) Steel girder between legs carried by chains over shoulders—(11) Lifted and supported by waist belt of chain, the action of see-saw is made by pulling and pushing with arms—(12) Weight lifted and supported as in No. 11, balanced with arms—(13) Padded steel loops around each arm, traces hooked to steel loops.

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